

Registered Charity
No. England 801130
Scotland SC 039714

Mental Health
Foundation



Mental Health Awareness Week

- 18th-24th May 2020
- #KindnessMatters



#KindnessMatters



- Why has kindness been chosen as the theme for 2020?
- The Mental Health Foundation states that this is the chosen theme because :

'...of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.'

Kindness and Mental Health

- Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. We know from the research that kindness and our mental health are deeply connected. The research shows that kindness is an antidote to isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism.

Living Together With Kindness

After a few weeks of being inside the house tensions can start to rise. A tense atmosphere can make it difficult to stay focused and motivated, this can affect wellbeing. Working together as best as possible can only be achieved if any tensions are resolved constructively.

When resolving tensions and defusing conflict key things to consider are how to make things 'C.A.L.M.E.R' and be kind. This stands for:

- > Consider: The need for respect and kindness about how others are feeling. Learn to empathise and see things from each other's point of view.
- > Acknowledge: The time needed to address every person's problem. Let each person speak.
- > Listen: To how everyone feels, their worries and fears and how they can feel better. This includes listening to and understanding body language.
- > Manage: Provide support and empathy to each other.
- > Enable: Support and help each other in the future. Establish some house rules for behaviour.
- > Resource: What did you learn? Use your skills and knowledge to defuse conflict in the future.



Take Time to be Kind – what can you do for others?

- Challenge – for the next two weeks, try to do something kind every day.
- Record your kindness so you can remind yourself of the good that you've done – being kind makes us feel good 😊

The power of kindness calendar

Use your calendar to record your daily kindness acts.

month _____ year _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
●	●	●	●	●	●	●
●	●	●	●	●	●	●

Clips about Kindness

- <https://www.youtube.com/watch?v=O9UByLyOjBM> : The Science of Kindness
- <https://www.youtube.com/watch?v=DawgEK9muY> : The Power of Kindness
- <https://www.youtube.com/watch?v=rwelE8yyY0U&t=25s> : Colour your world with kindness
- <https://www.youtube.com/watch?v=rwelE8yyY0U&t=25s> : How one act of kindness a day can change your life